

# ***“We CAN” Weight Loss Challenge***

**Benefiting the Brazos Valley Food Bank, the  
KBTX Food for Families Food Drive and YOU!  
September 2nd –November 18th, 2015**



**WHAT?** A weight loss challenge for employees of the City of Bryan. For every pound lost, HEB will donate one canned good to the KBTX Food for Families Food Drive being held on December 9, 2015.

**WHEN?** Initial Weigh-in will take place during the following times:  
September 2nd from 11am–1pm in the MOB Basement OR  
September 3rd from 7:30–8:30am at the MSC

To help you on your weight loss journey, we will host two optional seminars during the challenge:

**How to Grocery Shop & Dine Out-the Healthy Way!**  
**Wednesday, September 9th from Noon-1:00pm**  
Speaker: Michelle Dohrman, Registered Dietitian

**Aging & Exercise**  
**October date TBA**  
Speaker: Dr. Steve Martin, TAMU FITLIFE Program Coordinator

If you are interested in participating, please [click](#) here for more information and to print a registration form. Bring the forms with you to one of the weigh-ins listed above. Contact [lward@bryantx.gov](mailto:lward@bryantx.gov) if you have questions.

**The final weigh-ins will be held on November 18th.**